

ABSTRACT

Title: Factors influencing BMI of primary school children

Objectives: Familiarization with the principles of physical training and the regime of primary school children. Characterization of the lack of physical activity issue and the risks associated with it. Determination of the present overweight and obesity occurrence according to BMI in primary school children. Determination of the relationship between physical activity and BMI. Determination of the relationship between physical activity of the children and that of their parents. Determination of the relationship between the children's and their parents' BMI values.

Methods: The first part of the thesis takes on the character of a summary and aims to recapitulate the basic information regarding the aforementioned topic. The second part then employs an experimental method combining collection of data from surveys and their subsequent analysis. The analyzed material consists of 24 reports collected in ZŠ J. A. Komenského in Lysá nad Labem.

Results: From the researched data, approximately 25% of the primary school children are overweight, while about 4% are even obese. Physical activity does not affect their BMI. BMI of the children is indeed affected by their parents' BMI, with the father's BMI having the bigger impact. The relationship between the physical activity of the children and physical activity of their parents is noticable, yet not so significant. The more active the child is, the more passive his parents are.

Keywords: physical activity, overweight, obesity, level of physical activity, primary school children, family